

Clean Hands Save Lives

**Wash your hands to
stop germs and stay healthy!**



Scrub your hands with soap and water for at least 20 seconds:

- ◆ After you use the bathroom
- ◆ Before handling and eating food
- ◆ Frequently throughout the day

**For more information visit:
cdc.gov/handwashing**




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SAN DIEGO**
LIVEWELLSD.ORG